

Buddhist Wisdom



Siddhartha Gautama (the Buddha)
was born around 500 BC in India.

What has been long neglected cannot be restored immediately.
Fruit falls from the tree when it is ripe.
The way cannot be forced.



A bucket is filled drop by drop.



Peace comes from within.
Do not seek it without.



Imagine that every person in the world is enlightened but you.
They are all your teachers, each doing just the right things to help you
learn perfect patience, perfect wisdom, perfect compassion.



In the end these things matter most: How well did you love?
How fully did you live? How deeply did you learn to let go?



Be vigilant;
guard your mind against negative thoughts.



Just as a snake sheds its skin,
we must shed our past over and over again.





Let your mind become clear
like a still forest pool.





Love in the past is only a memory.
Love in the future is a fantasy.
Only here and now can we truly love.





Each morning we are born again.
What we do today is what matters most.



A day spent judging another is a painful day.
A day spent judging yourself is a painful day.
You don't have to believe your judgments;
they're simply an old habit.



Don't keep searching for the truth,
just let go of your opinions.



Generosity brings joy; honesty brings peace.



There is no fire greater than greed and hatred.



Some days we feel like strangers.
When our heart opens, we will realize
that we belong just here.





True freedom comes when we follow
our Buddha nature,
the natural goodness of our heart.





Most of the sorrows of the earth
humans cause for themselves.



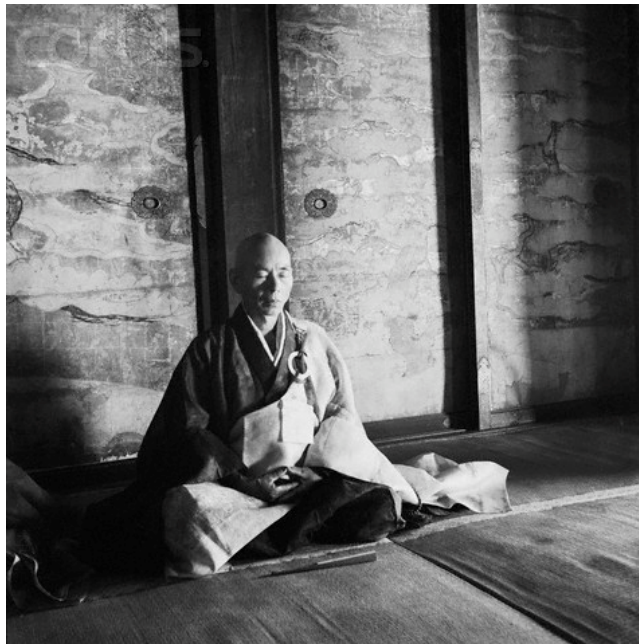


Like the mother of the world,
touch each being as your beloved child.





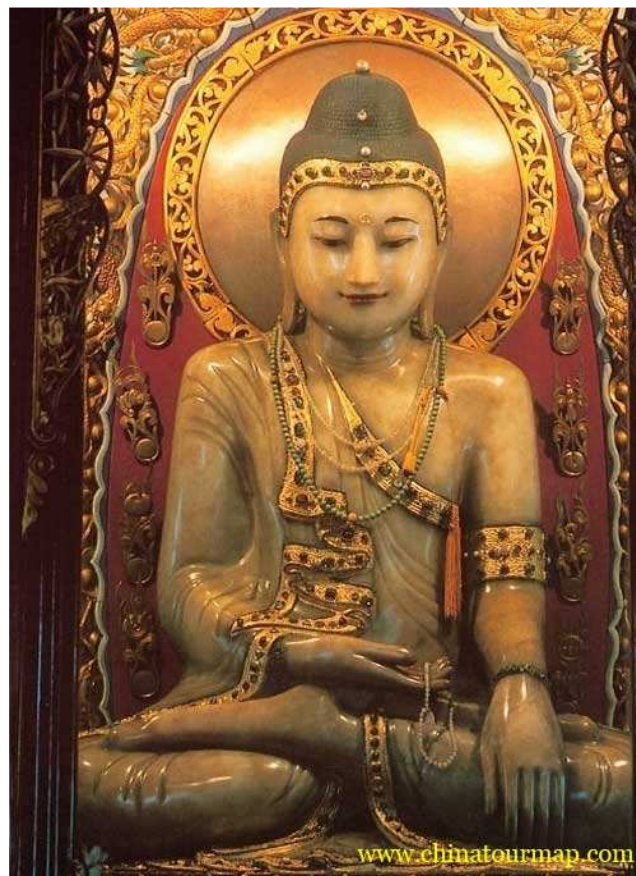
Wherever you live is your temple
if you treat it like one.



All things appear and disappear because of the concurrence of causes and conditions. Nothing ever exists entirely alone; everything is in relation to everything else.



If you take care of each moment,
you will take care of all time.



Just as a candle cannot burn without fire,
men cannot live without a spiritual life.



When wishes are few, the heart is happy.
When desire ends, there is peace.



Life is as fleeting as a rainbow, a flash of lightning, a star at dawn. Knowing this, how can you quarrel?





Hatred never ceases by hatred;
by love alone is it healed.
This is the ancient and eternal law.



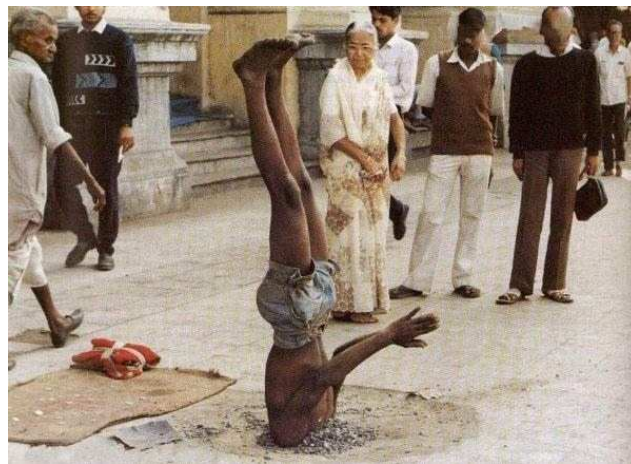


Harm no other beings.
They are just your brothers and sisters.





Spiritual life should include a great measure of common sense.



The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.



As you walk and eat and travel, be where you are.
Otherwise you will miss most of your life.



Not getting what you desire and getting what you desire
can both be disappointing.



The only real failure in life
is not to be true to the best one knows.

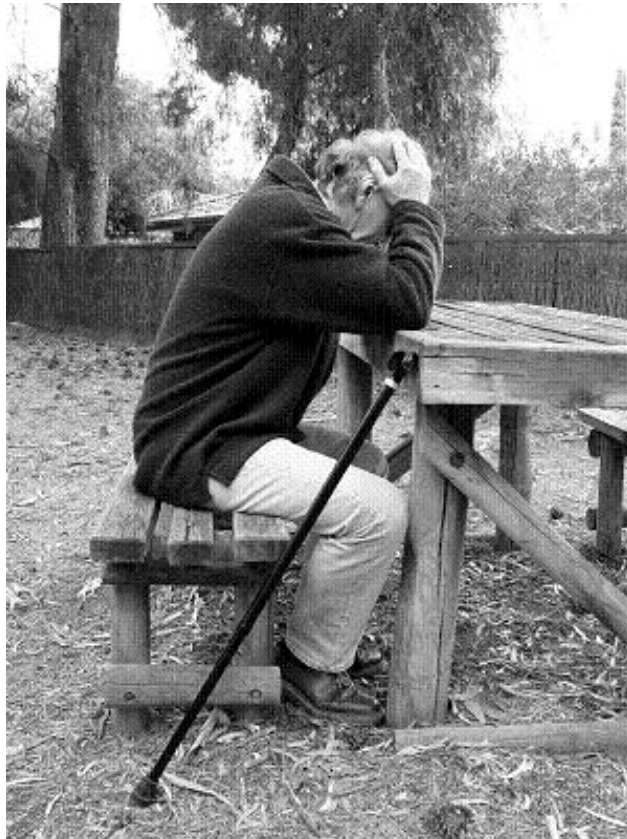


Good-humored patience is necessary
with mischievous children
and your own mind.





Life is so hard,
how can we be anything but kind?





Whatever we cultivate in times of ease,
we gather as strength for times of change.





As you travel through life,
offer good wishes to each being you meet.



Do not seek perfection in a changing world.
Instead, perfect your love.



Our body is precious.
It is our vehicle for awakening. Treat it with care.



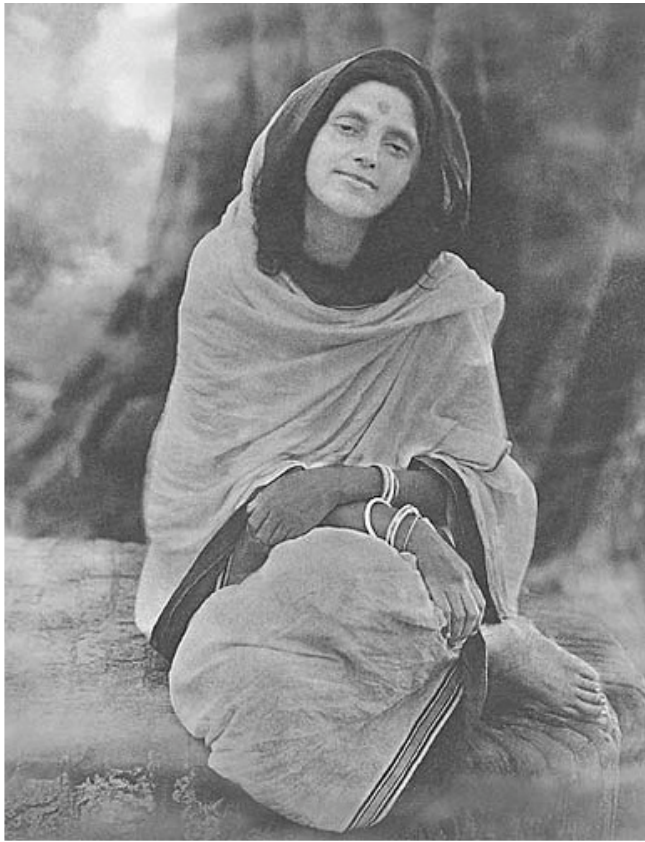
You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.





Karma can change life
like the swish of a horses tail.





To meditate is to listen with a receptive heart.



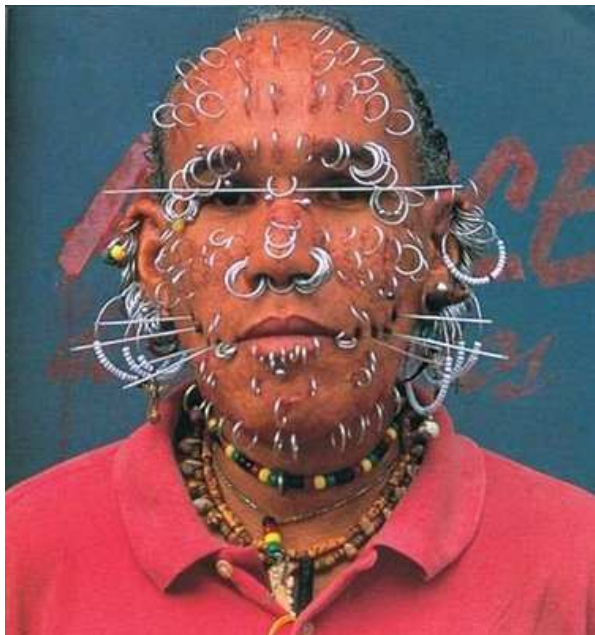


Everything that has a beginning has an ending.
Make your peace with that and all will be well.





No one outside ourselves can rule us inwardly.
When we know this, we become free.



Do not blindly believe what others say, even the Buddha.
See for yourself what brings contentment, clarity, and peace.
That is the path for you to follow.



Do not believe in anything simply because you have heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.





Praise and blame, gain and loss,
pleasure and sorrow come and go
like the wind. To be happy,
rest like a great tree
in the midst of them all.





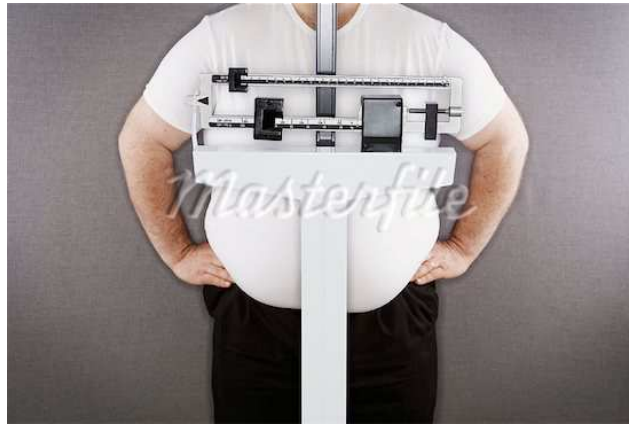
As a solid rock cannot be moved by the wind,
the wise are not shaken by praise or blame.





There is the path of fear and the path of love.
Which will we follow?





What has been long neglected
cannot be restored immediately.
Fruit falls from the tree when it is ripe.
The way cannot be forced.



The heart is like a garden.
It can grow compassion or fear, resentment or love.
What seeds will you plant there?



When you realize that something is unwholesome and bad for you,
give it up. And when you realize that something is wholesome
and good for you, do it.



In one's family,
respect and listening are the source of harmony.



Health is the greatest gift, contentment the greatest wealth,
faithfulness the best relationship.





If we could see the miracle
of a single flower clearly,
our whole life would change.





Treat others with justice and respect.
In the long run, how you treat others
will be how they treat you.



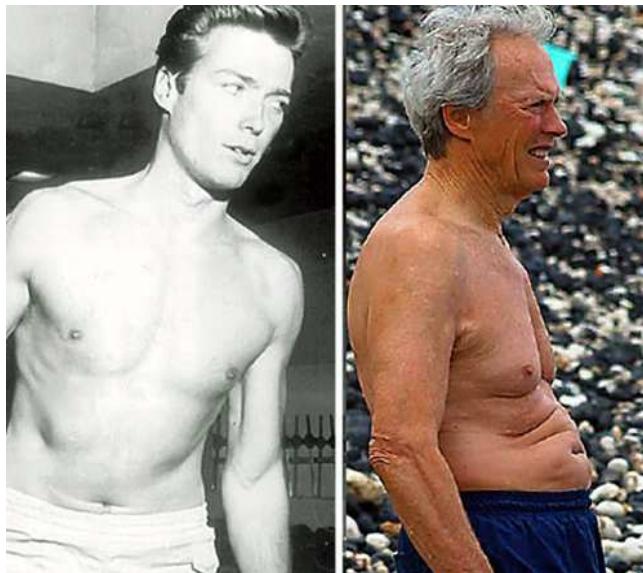


When you meditate,
sit with the dignity of a king or queen;
when you move through your day,
remain centered in this dignity.





In life we cannot avoid change,
we cannot avoid loss.
Freedom and happiness are found
in the flexibility and ease with
which we move through change.



Live every act fully,
as if it were your last.



There has to be evil
so that good can prove its purity above it.



Even death is not to be feared by one who has lived wisely.



Fear is always an anticipation of what has not yet come.
Our fear and separation are great, but the truth of our connection
is greater still.



He who experiences the unity of life sees his own Self in all beings,
and all beings in his own Self, and looks on everything with
an impartial eye.



Yellow leaves hang on your tree of life.
The messengers of death are waiting.
You are going to travel far away.
Have you any provision for the journey?





People with opinions just go around bothering one another.





Calm and compassion are so precious.
Make sure not to lose them
through intoxication.





Karma means
you don't get away with anything.



Life lives on life. We all eat and are eaten.
When we forget this, we cry; when we remember this,
we can nourish one another.



We inter-breathe with the rain forests, we drink from the oceans.
They are part of our own body.



To know the way and not practice is to be a soup ladle in the pot
and not taste the flavor of the soup.



Inner freedom is not guided by our efforts;
it comes from seeing what is true.



The only way to bring peace to the earth is to learn to make
our own life peaceful.



You will not be punished for your anger,
you will be punished by your anger.





If you are poor, live wisely.
If you have riches, live wisely.
It is not your station in life
but your heart that brings blessings.



Bernie Madoff



To be idle is a short road to death
and to be diligent is a way of life;
foolish people are idle,
wise people are diligent.





If you wish to know the divine,
feel the wind on your face
and the warm sun on your hand.



When asked, “Are you a god or a man?”
the Buddha replied, “I am awake.”



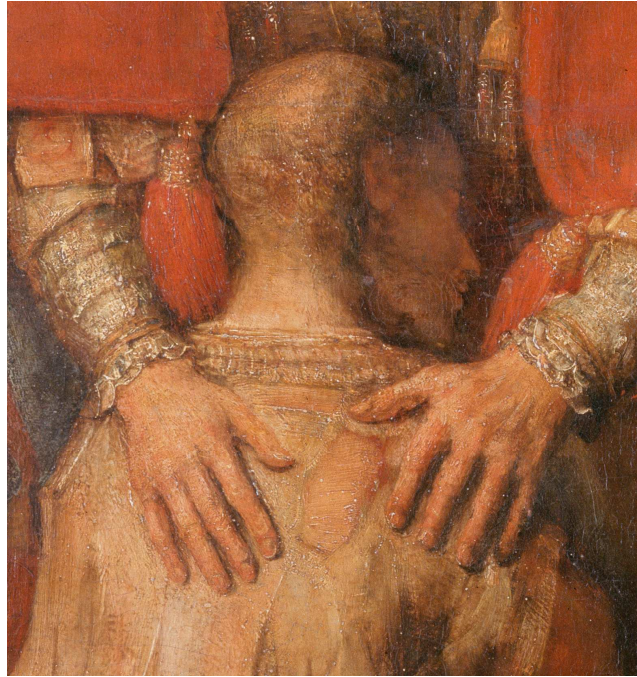
However many holy words you read, however many you speak,
what good will they do you if you do not act on them?



Do not become attached to the things you like;
do not maintain an aversion to the things you dislike.
Sorrow, fear and bondage come from likes and dislikes.



Holding on to anger is like grasping a hot coal with the intent of
throwing it at someone else; you are the one who gets burned.



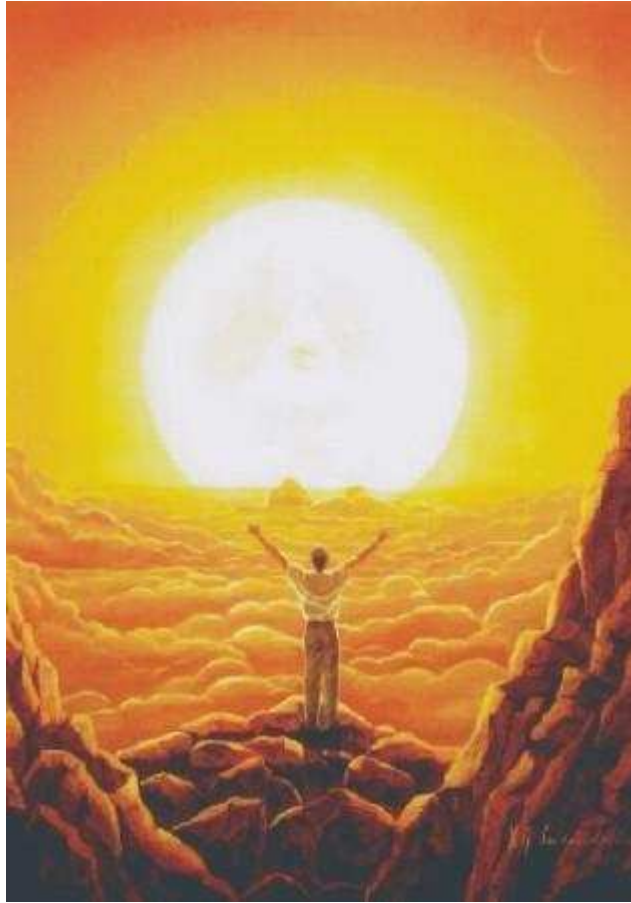
To understand everything
is to forgive everything.





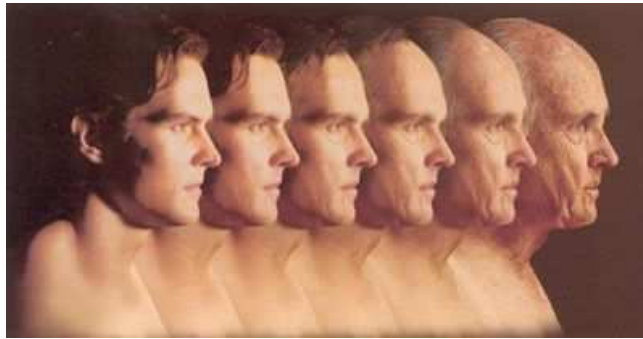
Happiness comes when your work and words are of benefit to yourself and others.





No matter how difficult the past,
you can always begin again today.





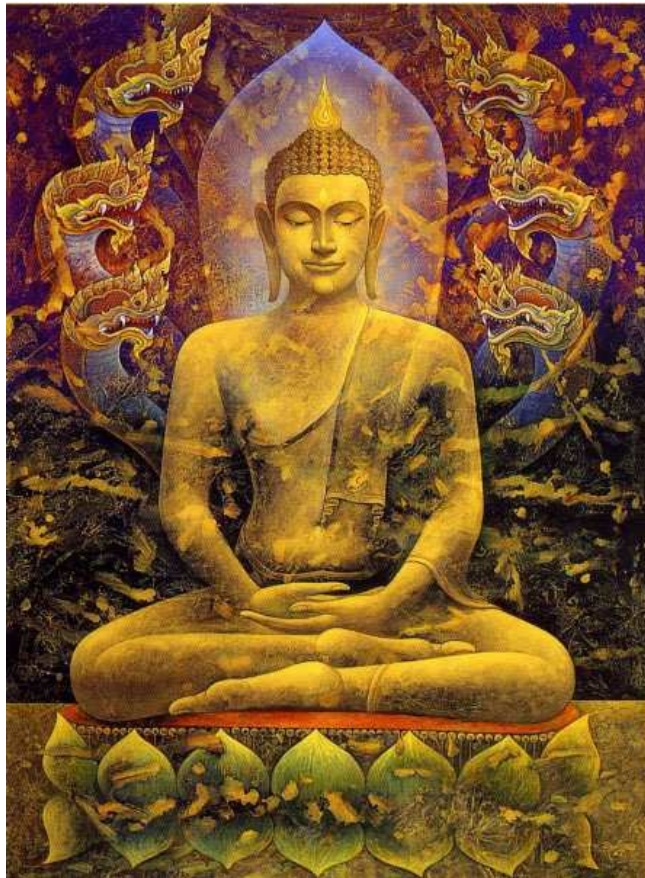
We do not possess our home, our children,
or even our own body.
They are only given to us for a short while
to treat with care and respect.



If you let cloudy water settle, it will become clear.
If you let your upset mind settle, your course will also become clear.



An idea that is developed and put into action is more important than
an idea that exists only as an idea.



Blessings come from care, troubles from carelessness.



We are shaped by our thoughts; we become what we think.
When the mind is pure, joy follows like a shadow that never leaves.





Meditate deeply,
discriminate between the pleasant
and the permanent, and break
the chains of death.





A bucket is filled drop by drop.





Those who are awake
live in a state of constant amazement.





Like a skilled carpenter who removes a coarse peg by knocking it out with a fine one, so a person removes a pain-producing thought by substituting a beautiful one.



Simplicity brings more happiness than complexity.



Through our senses the world appears.
Through our reactions we create delusions.
Without reactions the world becomes clear.



If your compassion does not include yourself,
it is incomplete.



Our own worst enemy cannot harm us as much as our unwise thoughts.
No one can help us as much as our own compassionate thoughts.





Avoid the company of deluded people when you can. When you cannot, keep your own counsel.





As your family and friends receive you with joy when you return from a long journey, so will your good deeds receive you when you go from this life to the next, where they will be waiting for you with joy like your kinsmen.





As a mother even at the risk of her own life protects her only son, so let a man cultivate goodwill without measure among all beings. Let him suffuse the whole world with thoughts of love, unmixed with any sense of difference or opposed interests.





No one saves us but ourselves.
No one can and no one may.
We ourselves must walk the path.



Desire blinds us,
like the pickpocket who sees only the saint's pockets.



The greatest prayer is patience.



If a man consorting with me does not conform his life to my
commandments, what benefit will ten thousand precepts be to him?



It is better to conquer yourself than to win a thousand battles.
Then the victory is yours. It cannot be taken from you,
not by angels or by demons, heaven or hell.





It were better to live one single day
in the pursuit of understanding and meditation,
than to live a hundred years in ignorance and restraint.





Learn to respond,
not react.





It is a man's own mind, not his enemy or foe,
that lures him to evil ways.





At the bottom of things,
most people want to be
understood and appreciated.



Do not judge yourself harshly.
Without mercy for ourselves we cannot love the world.



Forgiveness is primarily for our own sake, so that we no longer carry the burden of resentment. But to forgive does not mean we will allow injustice again.



Every life has a measure of sorrow.
Sometimes it is this that awakens us.



The greatest protection is a loving heart. Protecting yourself, you protect others. Protecting others, you protect yourself.



Those who really seek the path to enlightenment dictate terms to their mind. They then proceed with strong determination.

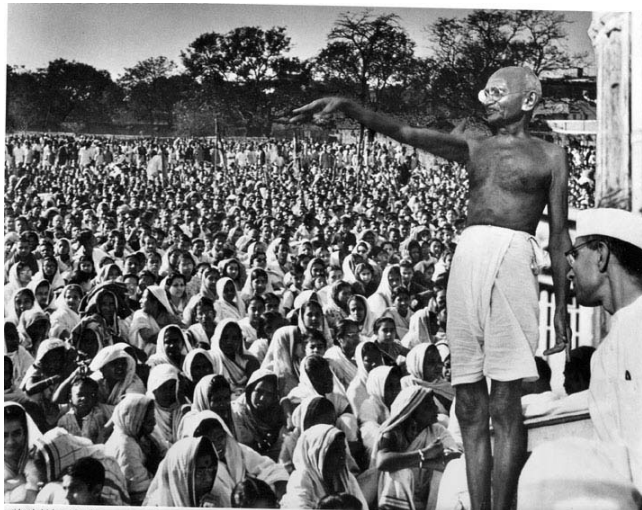


If a traveler does not meet with one
who is his better, or equal,
let him firmly keep his solitary journey;
there is no companionship with a fool.





Your work is to discover your work
and then with all your heart
to give yourself to it.





This is the only way to explain existence,
to overcome sadness and grievances,
to banish death and misery, to find the right path,
to realize Nirvana - it is correct meditation.





If a man who beholds a lesser happiness
beholds a greater one,
let him leave aside the lesser to gain the greater.



Thousands of candles can be lighted from a single candle,
and the life of the candle will not be shortened.
Happiness never decreases by being shared.



It is not our preferences that cause problems
but our attachment to them.



To enjoy good health,
to bring true happiness to one's family, to bring peace to all,
one must first discipline and control one's own mind.
If a man can control his mind he can find the way to Enlightenment,
and all wisdom and virtue will naturally come to him.



An insincere and evil friend is more to be feared than a wild beast;
a wild beast may wound your body, but an evil friend
will wound your mind.

When you realize the unborn, uncreated, unconditioned,
you are liberated from everything born, created, and conditioned.



Meditate now,
lest you regret it later.



There are only two mistakes one can make along the road to Truth:
not going all the way, and not starting.



As irrigators lead water where they want,
as archers make their arrows straight, as carpenters carve wood,
the wise shape their minds.



Tranquil sage indeed is he who can control his speech.



Bear kindly when others chatter. Be not irritable:
calm men do not answer back.



If one cannot say something useful,
one should keep “noble silence”.



Whatever words we utter should be chosen with care
for people will hear them and be influenced by them
for good or ill.



There is nothing more dreadful than the habit of doubt.
Doubt separates people. It is a poison that disintegrates friendships
and breaks up pleasant relations. It is a thorn that irritates and hurts;
it is a sword that kills.



Not in the heavens above, nor in the farthest reaches of the sea,
nor by transporting yourself to the remotest valleys of the mountains,
will you be able to hide from the consequences of your own evil
actions. Likewise, certain are the blessings growing out
of your good actions.



Every human being is the author of his own health or disease.



Neither fire nor wind, birth nor death
can erase our good deeds.



No man's deeds are blotted out; each deed comes home.
The doer finds the results of his deeds awaiting him, sooner or later.

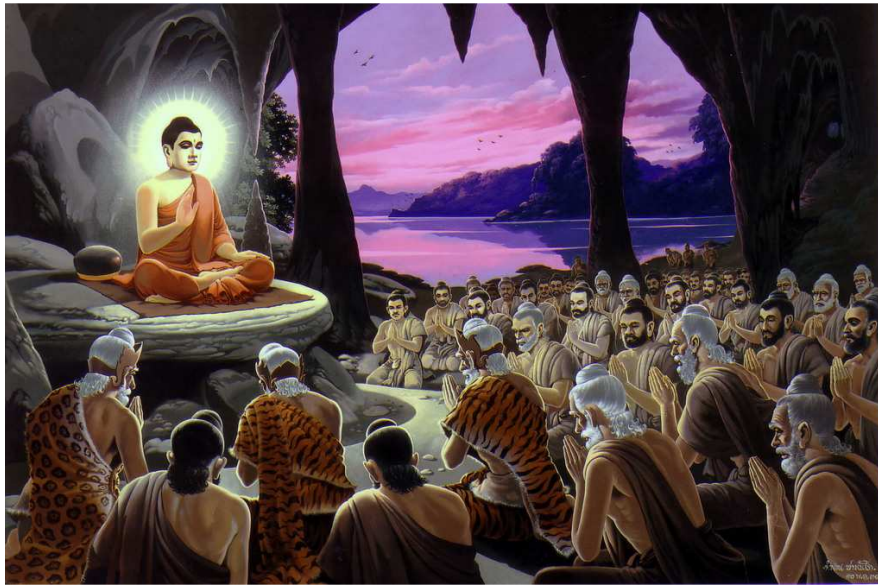


Distracted by others' troubles,
one neglects to perfect oneself.

Death is the temporary end of a temporary phenomenon.



There are those who do not realize that one day we all must die.
But those who do realize this settle their quarrels.



Everything is changeable, everything appears and disappears;
there is no blissful peace until one passes beyond
the agony of life and death.



Death carries off a man busy picking flowers with a besotted mind,
like a great flood does a sleeping village.



Here will I live in the rainy season, here in the autumn and in the
summer: thus muses the fool. He realizes not the danger of death.

Behold, O monks, this is my last advice to you.
All component things in the world are changeable.
They are not lasting. Work hard to gain your own salvation.
(the Buddha's last words)



He has reached the end of his journey, he trembles not, his cravings
are gone, he is free from sin, he has burnt the thorns of life:
this is his last mortal body.

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